

DON'T Trifle WITH Him.

If your grocer offers you an inferior brand of flour instead of CERES don't trifle with him, refuse it absolutely. Tell him you want CERES—and insist on getting it. CERES is the FLOUR you can depend on; it makes the lightest, whitest, purest and best BREAD and Pastry. CERES comes from the fields to you without one ounce of impure substances in it. Try it once and you'll use it always. Sold by all grocers. We only wholesale it.

Wm. M. Galt & Co.,
Wholesalers, 1st and Ind. Ave.

A Cool Bottle

- of "CULMBACHER" dark beer will
- relieve that hot, tired feeling.
- Keep a case of it in your refrigerator.
- Only \$1.25 for 24 pts.—delivered
- at your residence.

Washington Brewery Co.,
4th & F Sts. N.E. Phone 2154.

Your Stomach is not your slave. It's your friend. Don't abuse your friend. Help your friend.



Granola

is already partly digested (all the wheat starch having been turned toward sugar). When taken into the stomach it is instantly assimilated. The process is not unlike snowflakes settling on a warm surface. GRANOLA has the rich nutty flavor of the wheat, and is perfectly delicious. IT BUILDS BROWN. Every package of genuine Granola bears a picture of the Battle Creek Sanitarium. Ask your grocer for it. Beware of imitations. Drink Caramel Cereal and sleep well—it leaves the nerves strong. Send 3c. for Granola sample to

Battle Creek Sanitarium Food Co.,
BATTLE CREEK, MICH.

Dimples Not Pimples
Beauty is woman's birthright. It is not a question of youth, for every woman is young if she looks young. Every one should use

Woodbury's Facial Soap

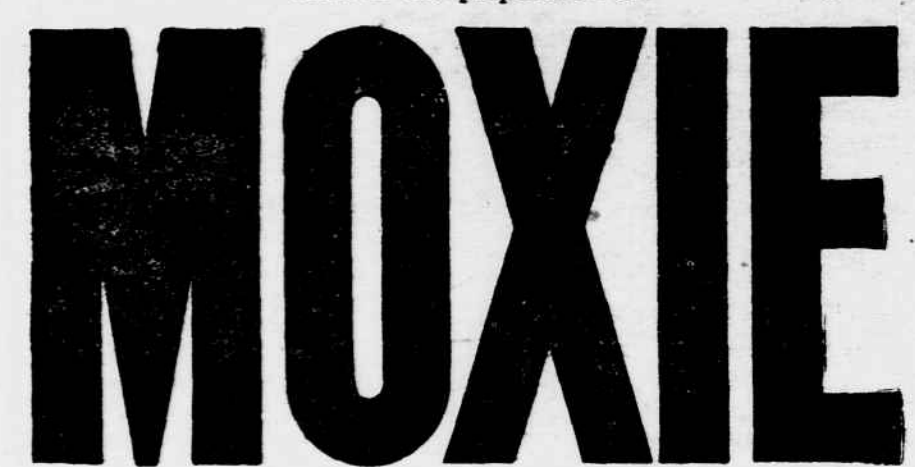
It removes pimples, blackheads and other blemishes from face, neck and hands, leaving the skin smooth, firm and white.

Woodbury's Facial Cream cures chapped faces and hands. Sold by dealers everywhere, 25 cts. each. Free booklet and sample cake of soap and tube of cream mailed for 6c. stamps or coin.

ANDREW JERGENS & CO., Sole Agents,
Dept. 23, Cincinnati, Ohio.

EVERY DROP OF WATER

Used in the preparation of



IN OUR NEW YORK FACTORY

IS DISTILLED,

And therefore absolutely pure, and besides that, Moxie just suits the stomach and is nourishing, strengthening and delightful to the taste. It is the Approved Beverage of the Medical Profession and the intelligent class of people. Sold Everywhere. Ask for Moxie and avoid substitutes.

Hair Goods at Half Price.

NEW STOCK JUST IN.
Switches.....\$2.50 formerly \$5.00
Switches.....\$3.00 formerly \$6.00
Gray Switches.....\$3.00 formerly \$6.00
Gray Switches.....\$4.50 formerly \$9.00
Hairdressing, Shampooing, &c. Hair Dyeing and Bleaching a specialty.

Imperial Hair Regenerator for restoring gray hair.
Natural color, \$1.25.

S. HELLER'S,
220-2nd 720 SEVENTH ST. N.W.

Where You Store

CARPETS

BURN

Thompson's

Insect

Powder.

W. S. THOMPSON,
PHARMACIST, 703 15TH ST.

FIREWORKS,

CHEAPEST AND BEST, AT

TSUE LUNG CO.,

IMPORTERS, 314 PENNA. AVE. N.W.

60 YEARS OF SUCCESS
HORS CONCOURS
Member of the Jury, PARIS, 1900.
Alcool de Menthe de

RICQLES

(RICQLES PEPPERMINT)
For STOMACH ACHES, HEADACHES, INDIGESTION, CHOLERA, DYSENTERY, etc.
Take a few drops in a glass of hot water with a little sugar or in a cup of tea.
RICQLES PEPPERMINT quenches the thirst and purifies the water.
RICQLES PEPPERMINT is a preventive in times of pestilence, and is invaluable against mosquito bites.
RICQLES PEPPERMINT is as useful as a disinfectant and toilet water.
Refuse all imitations; ask for a RICQLES. Sold by all Druggists.
E. F. POTGEL & CO., Agents for U.S., New York.

A
BRANCH
OFFICE
OF THE
POSTAL
TELEGRAPH
CABLE CO.

HAS BEEN OPENED AT THE
CIGAR STAND IN THE

BOND

BUILDING,

14TH ST. AND NEW YORK AVE.
TELEGRAM—CABLEGRAMS.
MONEY BY TELEGRAPH.
MESSAGERS FURNISHED.

WANTED.

Non-Union Machinists.

Toolmakers, Good All-round Machinists, Fitting Hands and Filers. Good pay. Permanent positions.

American Ordnance Co.,

Bridgeport, Conn.

Examine the Sinks
—waste pipes and drains. If you detect any foul odors use "CREOSOTE OIL." It's the best of disinfectants and deodorizers. Cleans and purifies—destroys foul odors. PREVENTS DISEASE.
—E. B. WARREN & CO., Phone West 58.

E. B. WARREN & CO., COR. 27TH

Coal Tar Products, Contractors' Supplies.
27-28-a, 10, 14

Millinery

Half Price.

—A reduction sale for a week.
—Fitted and Unfitted Hats included.
—The very choicest creations that are shown in Washington.

Mrs. C. Stiebel, 1113 G St.

BLOOD POISON

is the worst disease on earth, yet the easiest to cure—WHEN YOU KNOW WHAT TO DO. Many have dimples, spots on the skin, sores in the mouth, ulcers, falling hair, bone pains, catarrh, and don't know it is BLOOD POISON. Small and BROWN'S BLOOD CURE, \$2.00 per bottle; lasts one month. For sale only by E. S. Williams & Co., The Temple Drug Store, and 3d and Pennsylvania Ave. N.W. 786-10

KEF CURES

HEADACHE

—from any cause—Neuralgia, Nervousness, Brain Fatigue, Insomnia, Alcoholic Excesses, etc. It may be taken by the most delicate person, for it is perfectly harmless and DOES NOT AFFECT THE HEART. Absolutely free from Chloral, Opium, Morphine and all other enervating drugs.

Only 25c. Bottle.
Sold By All Druggists.

Thousands Have Kidney Trouble

and Don't Know It.

Fill a bottle or common glass with your water and let it stand twenty-four hours; a sediment or settling indicates an unhealthy condition of the kidneys; if it stains your linen it is evidence of kidney trouble; too frequent desire to pass it or pain in the back is also evidence of kidney trouble.

convincing proof that the kidneys and bladder are out of order.

What to Do.

There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy fulfills every wish in curing rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to hold water and scaling pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in 50c. and \$1. sizes.

You may have a sample bottle of this wonderful discovery and a book that tells more about it, both sent absolutely free by mail.

Address Dr. Kilmer & Co., Home of Swamp-Root, Co., Binghamton, N.Y. When writing mention reading this generous offer in this paper.

Absolutely Clean

In the Schlitz brewery cleanliness is carried to extremes. We do more than is necessary to be certain of doing enough.

The caldrons in which the beer is brewed are kept scrupulously clean and covered. The air in which the beer is cooled is filtered.

The barrels in which it is stored are cleaned with steam and soda, then glazed with rosin on the inside, then cleaned again. The bottles are cleaned with utmost precaution.

Still we filter the beer, then sterilize every bottle, for the slightest uncleanliness taints the whole product. It is in these ways that Schlitz beer has gained its reputation for purity, and made Milwaukee famous.

Phone 490, Schlitz, 615-21 D St. S.W., Washington.

Boiled Whole Wheat.

This is a method of cooking the whole wheat grain which has been almost lost sight of since our grandmother's time. The whole wheat grain was used, selecting the new if possible. This was washed through several waters and cooked like rice, in a large quantity of water until tender. It was then drained and in the morning it desired hot it was steamed over a kettle of hot water or in the double boiler for about half an hour and served with stewed fruit, milk or cream.

Somersetshire Farmenty.

To a pint of ready-boiled wheat put by degrees one quart of milk, breaking up the jelly; then add two ounces of pickled currants; stir and cook in a double boiler until currants are tender. Beat the yolks of two eggs with a little grated nutmeg and two tablespoonsful of milk; add to the wheat; stir together a few minutes over the fire; sweeten to taste and serve cold with whipped cream or fruit.

Albany Pudding.

Thickly butter a rather shallow pudding dish, line sides and bottom with slices of bread; make a custard of milk, eggs and sugar and pour into the dish; place thin slices of buttered bread on top of custard; sprinkle with sugar, a few chopped almonds and currants. Bake up in custard is set. Serve with fresh fruit sauce.

Spaghetti, Mexican Style.

Put two tablespoonsful of oil or butter in a porcelain-lined saucepan; when hot add quarter of a pound of spaghetti broken in three-inch lengths, half a sliced onion, one large tomato, cut up, a green, sweet pepper sliced, and salt and pepper to taste. Stir and cook until slightly browned. Then add one and a half cups of good stock or hot water and cook slowly until all the fire is absorbed and the spaghetti is tender. Serve hot.

Daily Menu.

WEDNESDAY.
BREAKFAST.
Cereal, Fruit, Fricassee of Dried Beef, Baked Potatoes, White Muffins, Coffee.

LUNCH.
Thin Slices of Ham, Broiled, Stuffed Lettuce, Boiled Rice, Fruit, Wafers.

TEA.
DINNER.
Roast Young Duck, Currant Sauce, Stewed cabbage, New Potatoes, Combination Salad.

LEMON JELLY, Fruit, Coffee.

THURSDAY.
BREAKFAST.
Cereal, Fruit, Liver and Bacon, Brown Sauce,

Table and Kitchen.

Attractive Bills of Fare for the Warm Weather.

Much of the discomfort of the excessive heat of summer might be avoided, or at least greatly lessened, if one would study more carefully the component parts of our foods, and know that food substances belonging to the same class may vary in effect according to the climate and season. While we must preserve a relative proportion of the carbonates and nitrates, we should know that it is necessary to lessen the amount of heat and force in the body in hot weather. Through disuse or abuse we lack the animal instinct that in the lower order of beings enables them to choose that which is good for them. Nature makes a valiant effort to teach us how to live by surrounding us with the suitable and seasonable foods that contain the necessary elements for perfect nutrition and health—lean meats, green, fresh vegetables and fruits—which should form the greater part of the family bills of fare at this season.

Save Energy and Strength.

Much of the housewife's energy and strength is wasted in the preparation of rich and heavy foods which are utterly unsuited for hot weather and are not relished as are the lighter foods, which are tempting and healthful and require less labor and time. The simpler dishes require but a few minutes to prepare and do not tax the patience or strength, and leave the housewife time to "cool off and look pleasant" before she must present herself at the head of her table. She should have the slight exercise of preparing the meal so as to be able to enjoy the fruits of her labors with the rest of her family.

Carbonaceous Foods in Summer.

In cold climates nature provides fat and starch in great abundance to furnish the carbonates, the heat producers, while in the warm climates bodily heat and force are supplied by starch and sugar.

Grain, especially corn, that is grown in the northern states and Canada has a very much greater percentage of oil than corn grown in the south, and it will be noticed that animals fed on northern corn have much more adipose covering than the same species in warm climates.

Ripe fruits and green vegetables have mostly sugar for their carbonates, while they furnish as well gluten and albumen for muscular power.

We find in climates where the temperature is mild throughout the year a much greater abundance of succulent fruits and vegetables which contain a large amount of entirely of sugar. These foods may be grown through the greater part of the year, though they vary somewhat according to the season.

In the northern climate we will notice that the most succulent vegetables and fruits come in the warmest part of the season, with fish and the leaner meats in abundance, thus very clearly demonstrating that vegetables, fruits and grains, and the sweets which are carbonaceous, are equal to lean meat, are the best adapted to a warm weather diet. The amount of starch in the fruit combined with the blood-cooling acids and a light oil used only with green salad herbs are quite sufficient to keep up the amount of bodily fire required in hot weather. Avoid fat meats, an excess of butter or cream and much rich pastry, and you will not only find the hottest days quite endurable, but escape many of the diseases peculiar to summer and injudicious selection of foods.

Fruits and Vegetables in Excess.

Sickness may be produced by irregular and excessive use of fruits and vegetables, but there is no danger when they are eaten in proper amount and regularly.

Children are, as a rule, exceedingly fond of fresh fruits and green vegetables, and if they are allowed the free and prudent use of wholesome fruits and vegetables they will not eat them in excess. The greatest danger lies in eating these foods when not in proper condition. Select only those that are properly grown and ripened and of the freshest; otherwise they will excite disease. Never consider perishable foods cheap which are not strictly fresh and sound.

Breakfast Cereals.

The value of cereal foods, especially the wheat grain, is not thoroughly appreciated in making out our summer bills of fare. Wheat gives us a combination of starch, gluten and albumen in a form which is well suited for hot weather.

While cereal foods must have a very thorough cooking to make them digestible, this does not entail the labor and discomfort of meat cooking, and a dish of cereal and fruit is certainly more inviting to faded appetites on a hot morning than a dish of meat, while it fills all the requirements which the meat would satisfy. A very pretty as well as palatable way to serve a cereal in hot weather is to cook it the night before and serve it ice cold, having it set in little individual molds. Turn these forms out and serve with fresh fruit heaped around them. Very often children who seem to have a distaste for cereals can be induced to eat them if served in this manner, as there is a decided difference in flavor between the hot and cold cereals. A little in the way of a garnish will also add greatly to the attractiveness as well as "goodness" of the dish. Left-over cereal should never be thrown away, as it can be added to a fresh supply and reheated or made into muffins, pancakes or a nice little dessert.

Boiled Whole Wheat.

This is a method of cooking the whole wheat grain which has been almost lost sight of since our grandmother's time. The whole wheat grain was used, selecting the new if possible. This was washed through several waters and cooked like rice, in a large quantity of water until tender. It was then drained and in the morning it desired hot it was steamed over a kettle of hot water or in the double boiler for about half an hour and served with stewed fruit, milk or cream.

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DINNER.
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LEMON JELLY, Fruit, Coffee.

THURSDAY.
BREAKFAST.
Cereal, Fruit, Liver and Bacon, Brown Sauce,

"Hecht's Greater Stores"

513-515 Seventh Street.

Credit is yours for the asking.

The Store News for Wednesday.

Just a mention of the very special pricing for tomorrow—just such pricing as has brought a big lot of buyers both yesterday and today. As you've come to know—every day here is a day of price opportunities—if not in one department, then in another, but always full and ample inducement for your coming. These for Wednesday—

The Keen Stock of Fine Wash

Skirts at Much Below

Their Value.

Nothing ordinary about these Skirts—every stitch of sewing and every inch of fabric are of the superior grade. Bought the entire stock—about 2,000 in all—in order to get the last possible penny off the price.

They are in handsome French dimities, trimmed with lace beading and black satin ribbon, in black with white dots, and white with black dots; fine chambrays, in navy, black, gray and oxblood, and trimmed in a great variety of styles, including tucks, flounces, piped pique, embroidery, lace beading, pleated flounces and white braid; pure linen, beautifully made and trimmed in applique and point d'esprit net; black and blue duck in polka dot and ring dot effects, trimmed with three rows white braid; some with circular flounce and stitched black duck bands; fine white corded pique, with two rows inserting; pure linen, plain, with strapped seams and unusually deep hems.

These handsome skirts range in value up to \$7.00—but we shall group the entire purchase into two lots—and at these prices:

One lot which sold regularly up to \$3 - - 98c.

One lot which sold from \$3.50 to \$7 - - \$1.98

10c. Bedford Cord Lawns, 57c.

Bedford Cord Lawns, in navy blue grounds, in a considerable variety of white polka dots and stripes; made to sell for 10 cents per yard. By buying a large quantity we are able to make them special for Wednesday at - - 57c.

The Cooper Stock of Fine Wrappers

at the Smallest of Prices.

Last week our buyer succeeded in purchasing Michael Cooper's entire surplus stock of better grades of Wrappers—had to take thousands, of course—but it was at half price, and the offering was too good to miss.

They are in a variety of styles, made of fine percales, lawns and batistes, with yokes, deep ruffles, etc. You've paid as much as \$1.98 for just such Wrappers—and they're considered remarkably low-priced at 98 cents—

Your Choice, 59c.

White India Linen Waists, 59c.

Fine White India Linen Waists, very nicely made in upward of a dozen styles, perfect fitting and very stylish. \$1.00 would be a small price—for

59 cents.

Muslin Underwear, 29c.

Very nicely made Muslin Skirts and Drawers; hemstitched, tucks and ruffles, good grade muslin, and selling at 49 cents—

29 cents.

10c. Bedford Cord Lawns, 57c.

Bedford Cord Lawns, in navy blue grounds, in a considerable variety of white polka dots and stripes; made to sell for 10 cents per yard. By buying a large quantity we are able to make them special for Wednesday at - - 57c.

By the way

Uneeda Jinjer

Wayfer

National Biscuit Company

Don't forget Uneeda Biscuit

CHINA'S FOREIGN TRADE

GROWING POPULARITY OF AMERICAN COTTON GOODS.

Their Expansion at Expense of British Manufacturers Must Be Expected to Continue.

The growing popularity of American cotton goods in China is evidenced by some figures contained in the report on the foreign trade of China for the year 1900, a copy of which has recently been received at the Treasury bureau of statistics. The report opens with a discussion of the wonderful expansion of China's foreign trade, and after commenting upon the interruption of this growth due to the unsettled conditions during the latter half of 1900, summarizes the principal features of the trade, as follows:

"The close of the decade offers a convenient opportunity for a general review of the progress of trade. With some exceptions, the trade in cotton piece goods has remained practically stationary, and in some items has even fallen off. The exceptions are American drills, jeans and sheetings, which show a strong advance, and cotton flannel, principally American, and cotton linters, which are evidently increasing in favor. English cotton yarn has not progressed, while Indian and Japanese goods have advanced rapidly. Among sundries, candles, clocks and watches, aniline dyes, window glass, paints and perfumery have gradually increased in demand, while flour, kerosene oil, matches and soap have been imported in much larger quantities every year.

"As regards heavy cotton goods, the expansion in American manufactures at the expense of British is natural, and must be expected to continue. Proximity to China, cheaper freights and the evident advantage of using indigenous cotton are all factors which will contribute to the future expansion of the American trade."

The imports into China have increased steadily and rapidly during the decade, increasing from 127,063,481 Haikwan taels in 1890, to 294,748,450 taels in 1900, and continuing this rate of increase up to the middle of 1900, following which date there was a marked contraction in the volume of trade consequent upon the unsettled condition of the country. Even with this setback, the imports in 1900 amounted to 211,070,422 Haikwan taels, a sum in excess of any previous year save 1890.

The share of the United States in this growing trade is gratifying. In 1895 we supplied less than 3 per cent of the imports into China, but we supplied nearly 8 per cent. This growth is the more remarkable when it is remembered that American goods for the most part reach China at the expense of Shanghai, and are there reloaded through the ports of Newchwang, Tien Tsin and Chefoo, located in the section most largely affected by the recent troubles. These three ports sustained a loss of over 50 per cent in their 1900 imports, as against a loss of only about 20 per cent for China as a whole.

Some idea as to the future of American cotton goods in the markets of China, with the restoration of normal conditions, may be obtained by the citation of a few representative items in this line of manufactures. In 1895 the importation of American drills into China amounted to 518,402 pieces; in 1890 to 1,028,107 pieces. Of American sheetings, the imports into China in 1896 amounted to 762,965 pieces, in 1890 to 3,375,965 pieces. Of American jeans, the imports in 1895 were 21,738 pieces, in 1890 128,203 pieces, and in 1900 137,396 pieces. Of the cotton drills imported into China in 1900, amounting to 1,024,034 pieces, 803,802 pieces were American, and of the cotton sheetings imported in 1900, aggregating 2,022,576 pieces, 2,312,404 pieces were American—the proportion of American in each case being, in 1900, about 80 per cent, as against 70 per cent of the drills and 55 per cent of the sheetings imported in 1895.

China has somewhat decreased her importations of kerosene oil since 1898, those of the American being 50,084,015 gallons in 1898, 40,724,289 gallons in 1890, and 34,417,112 gallons in 1900; of Russian, 19,925,248 gallons in 1898, 35,085,116 gallons in 1890 and 32,767,757 gallons in 1900, and of Sumatran, 26,871,282 gallons in 1898, 11,903,202 gallons in 1890, and 16,424,153 gallons in 1900.

NO BUSINESS DONE, NO FEES.

Report of Flour Inspector for the Past Year.